Avoid Portion Distortion

With MyPyramid's Specific Guidelines

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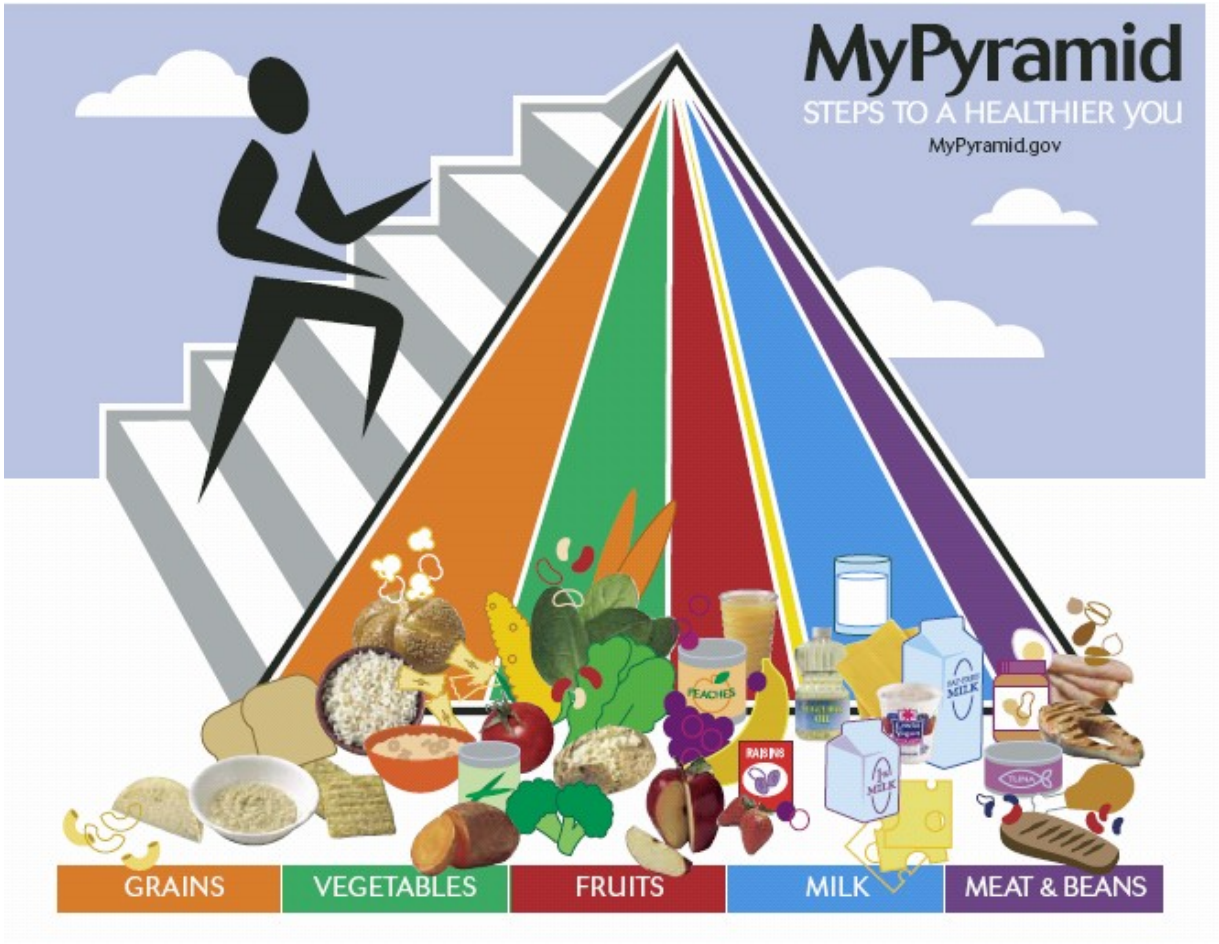
MyPyramid recommends total amounts rather than “servings”



MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than previous Food Guide Pyramid

What is a “serving”?

FOOD GUIDE PYRAMID SERVINGS	“TYPICAL” AMERICAN PORTIONS
½ cup rice or pasta	1 cup rice or pasta
½ bagel or ½ hamburger bun	1 bagel or 1 hamburger bun
1 chicken leg and thigh	¼ chicken
1 order (½ cup) French fries	Large order (3/4 to 1 cup) fries
1 order (½ cup) cooked red beans	Big bowl (1 to 2 cups) chili beans
1 cup leafy greens	Large green salad (2 cups greens)

Source: http://www.fns.usda.gov/tn/tnrockyrun/whatsa.htm

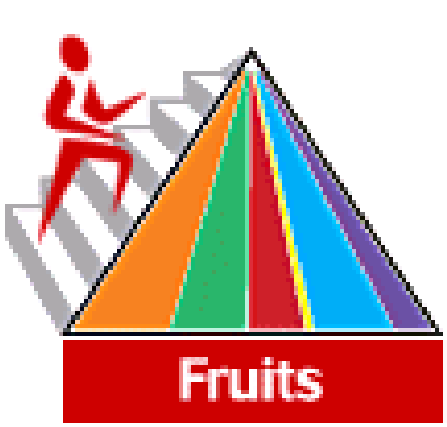
MyPyramid tells you exact amounts of each type of food

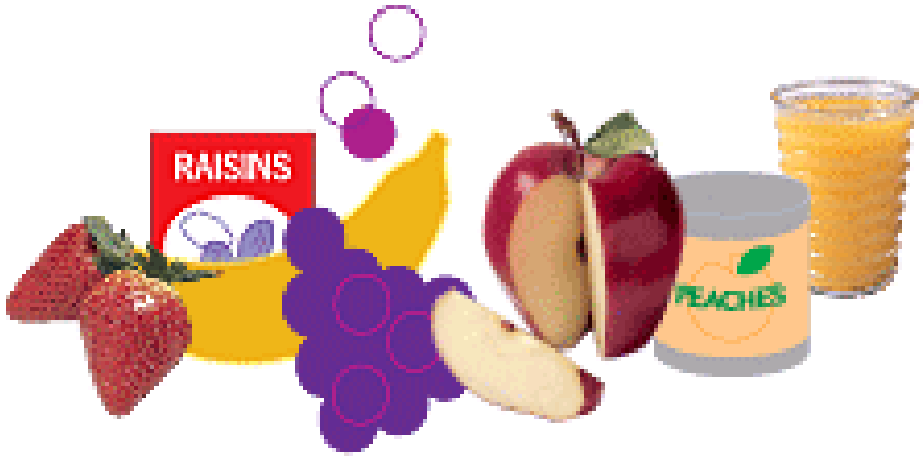
MyPyramid: Fruits

- Eat the equivalent of 2 cups of fresh, canned or frozen fruits per day (for a 2,000 calorie diet)

Note this equivalent:

- ¼ cup dried fruit = ½ cup fruit





MyPyramid: Vegetables

- Eat the equivalent of 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet)

Note this equivalent:

- 2 cups raw leafy greens = 1 cup of vegetable

MyPyramid: Dairy products

- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products
  - Children ages 2 to 8: 2 cups per day
  - Children ages 9 & up: 3 cups per day

Equivalents:

- 8 oz. milk
- 1 cup yogurt
- 1½ oz. natural cheese
- 2 oz. processed cheese

MyPyramid: Grains

- Eat 6 ounce-equivalents (for a 2,000 calorie diet)
  - 3 ounce-equivalents or more of whole-grain products
  - The remaining grains should come from enriched or whole-grain products

Equivalents:

- 1 slice bread
- ½ cup cooked pasta, cooked rice or cooked cereal
- 1 cup ready-to-eat cereal

MyPyramid: Meat & beans

- Eat 5½ ounce-equivalents (for a 2,000 calorie diet). Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds.

Equivalents:

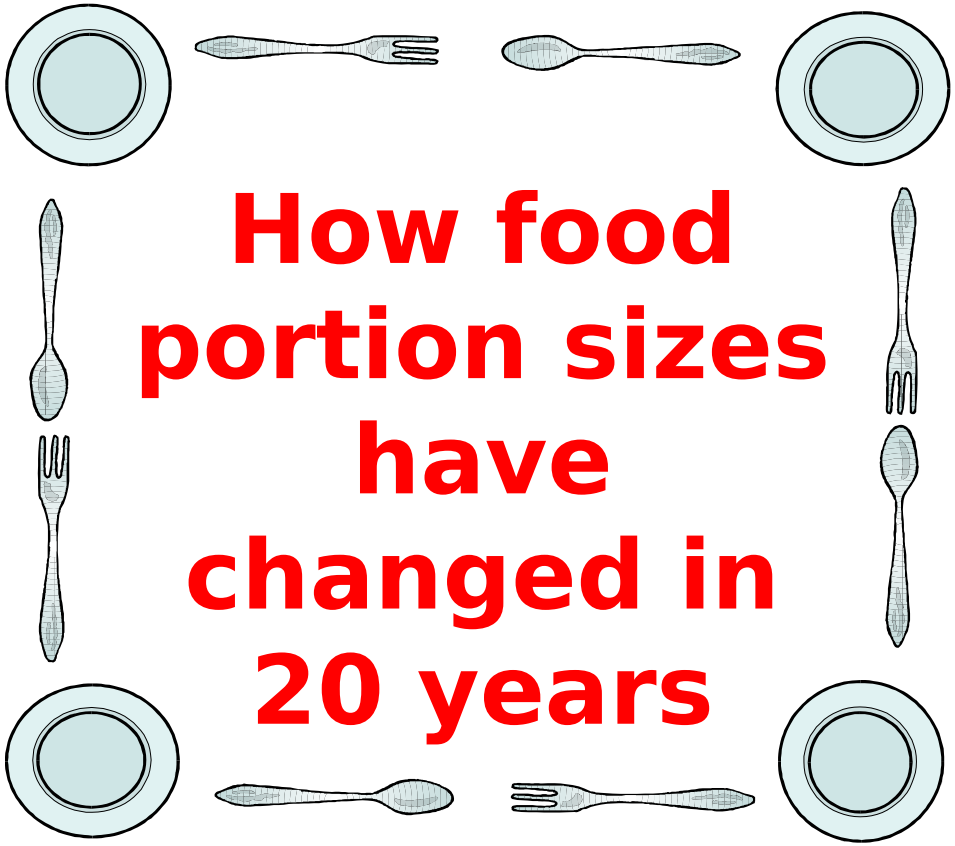
- 1 oz. meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ oz. of nuts or seeds

Learn how much and what to eat for YOUR calorie level at MyPyramid.gov

Check here for more information on food groups & related topics

Submit age, sex and activity level for a personalized MyPyramid

Avoid portion distortion



Slides marked by are adapted from “Portion Distortion” by the
National Heart, Lung and Blood Institute at

BAGEL

20 Years Ago

140 calories
3-inch diameter

Today

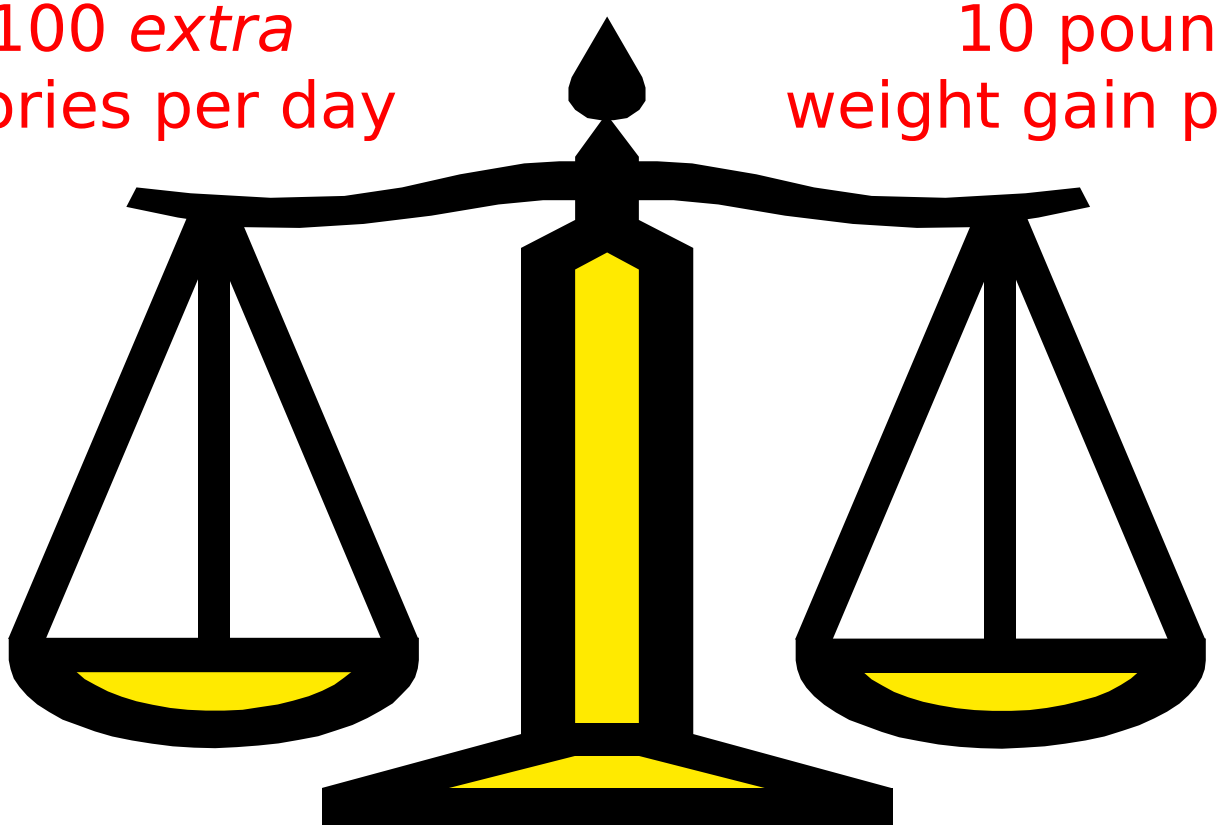
350 calories
6-inch diameter

Calorie Difference: 210 calories

Larger portions add up

100 *extra*
calories per day

10 pound
weight gain per year

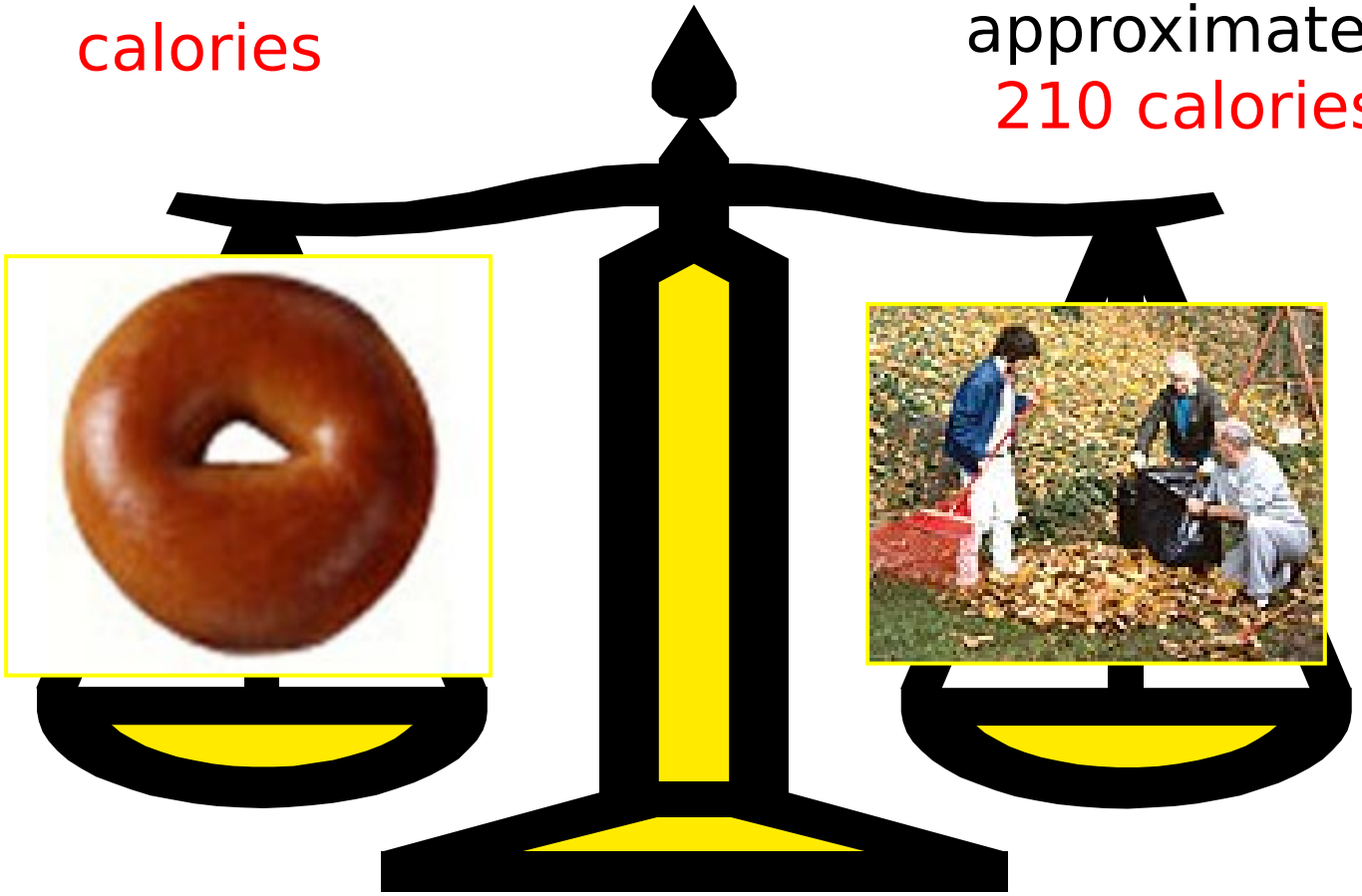


intaining a Healthy Weight is a Balancing A

Calories In = Calories Out

Increased bagel size: 210 more calories

Raking leaves for **50 minutes** burns approximately 210 calories*



*Based on 130-pound person

CHEESEBURGER

20 Years Ago

333 calories

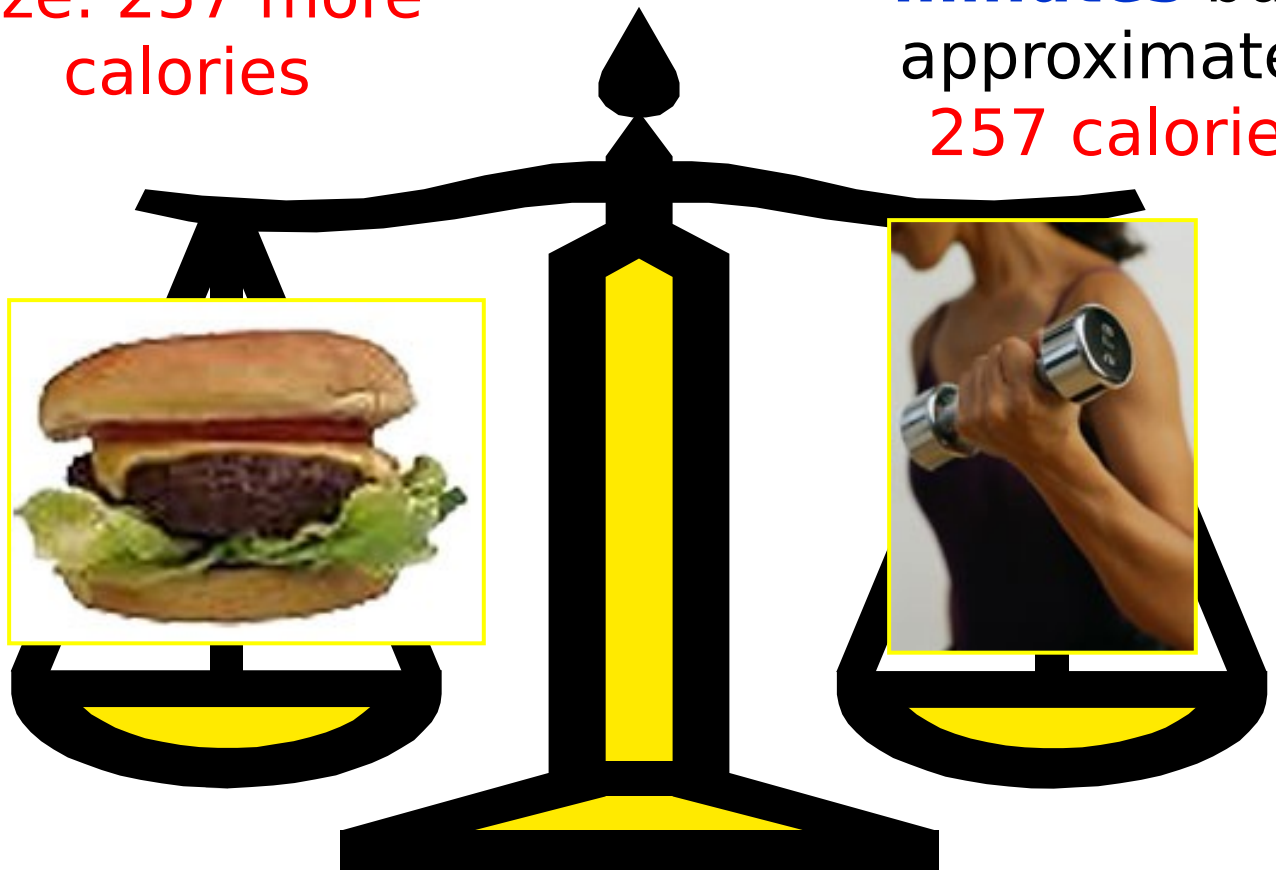
Today

590 calories

Calorie difference: 257 calories

Increased cheeseburger size: 257 more calories

Lifting weights for **1 hour and 30 minutes** burns approximately 257 calories*



*Based on 130-pound person

SPAGHETTI AND MEATBALLS

20 Years Ago

500 calories
1 cup spaghetti with sauce and 3 small meatballs

Today

1,025 calories
2 cups of pasta with sauce and 3 large meatballs

Calorie difference: 525 calories

Increased spaghetti and meat ball size: 525 more calories

Housecleaning for **2 hours and 35 minutes** burns approximately 525 calories*

*Based on 130-pound person

FRENCH FRIES

20 Years Ago

210 calories

2.4 ounces

Today

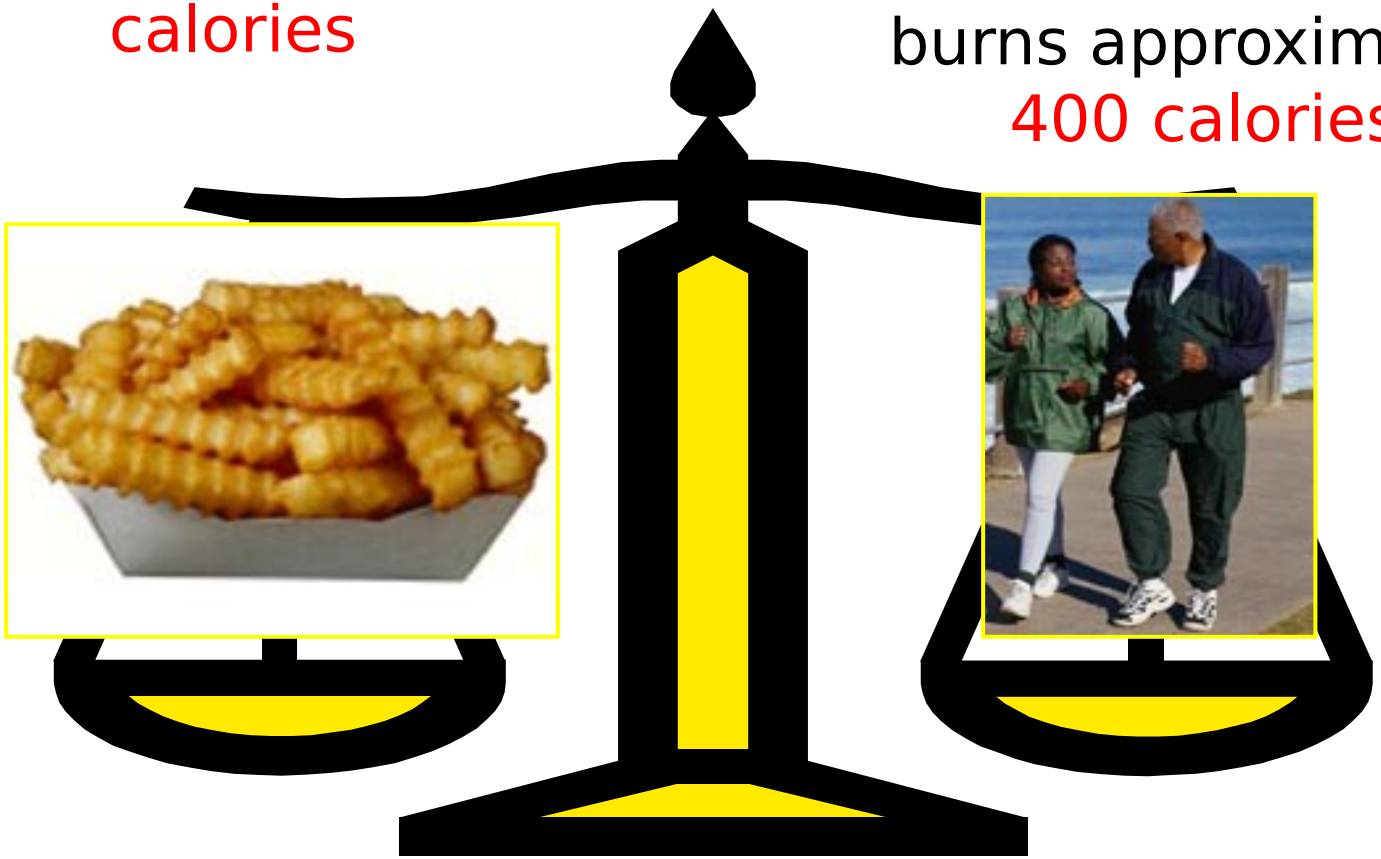
610 calories

6.9 ounces

Calorie difference: 400 calories

Increased French fries size: 400 more calories

Walking leisurely for **1 hour and 10 minutes** burns approximately 400 calories*



*Based on 160-pound person

SODA

20 Years Ago

85 calories
6.5 ounces

Today

250 calories
20 ounces

Calorie difference: 165 calories

Increased soda size: 165 more calories

Working in the garden

35 minutes burns approximately 165 calories*

*Based on 160-pound person

COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)

45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)

350 calories
16 ounces

Calorie difference: 305 calories

Increased coffee size: 305 more calories

Walking **1 hour and 20 minutes** burns approximately 305 calories*

*Based on 130-pound person

MUFFIN

20 Years Ago

210 calories
1.5 ounces

Today

500 calories
4 ounces

Calorie difference: 290 calories

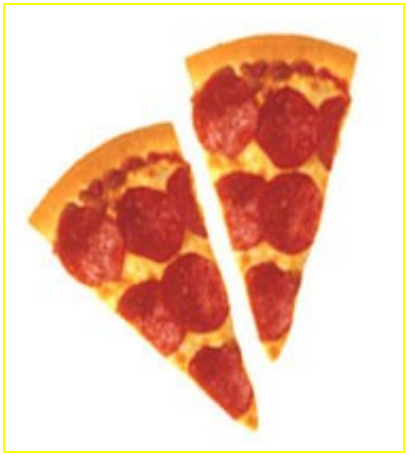
Increased muffin size: 290 more calories

Vacuuming for **1 hour and 30 minutes** burns approximately 290 calories*

*Based on 130-pound person

PEPPERONI PIZZA

20 Years Ago



500 calories

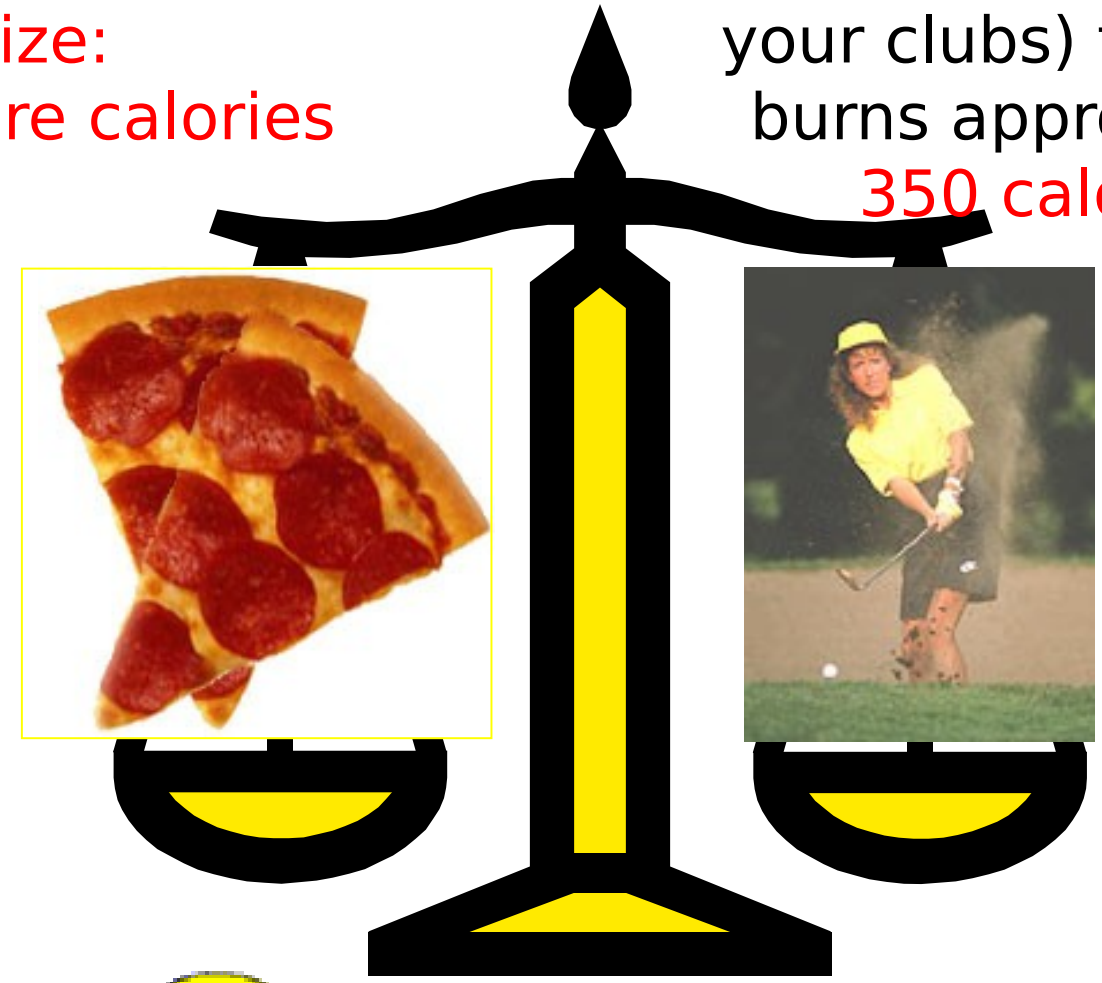
Today

850 calories

Calorie difference: 350 calories

Increased pepperoni pizza size:
350 more calories

Playing golf (while walking and carrying your clubs) for **1 hour** burns approximately 350 calories*



Based on 160-pound person

POPCORN

20 Years Ago

270 calories
5 cups

Today

630 calories
11 cups

Calorie difference: 360 calories

Increased popcorn size: 360 more calories

Doing water aerobics for **1 hour and 15 minutes** burns approximately 360 calories*

*Based on 160-pound person

CHOCOLATE CHIP COOKIE

20 Years Ago

55 calories
1.5 inch diameter

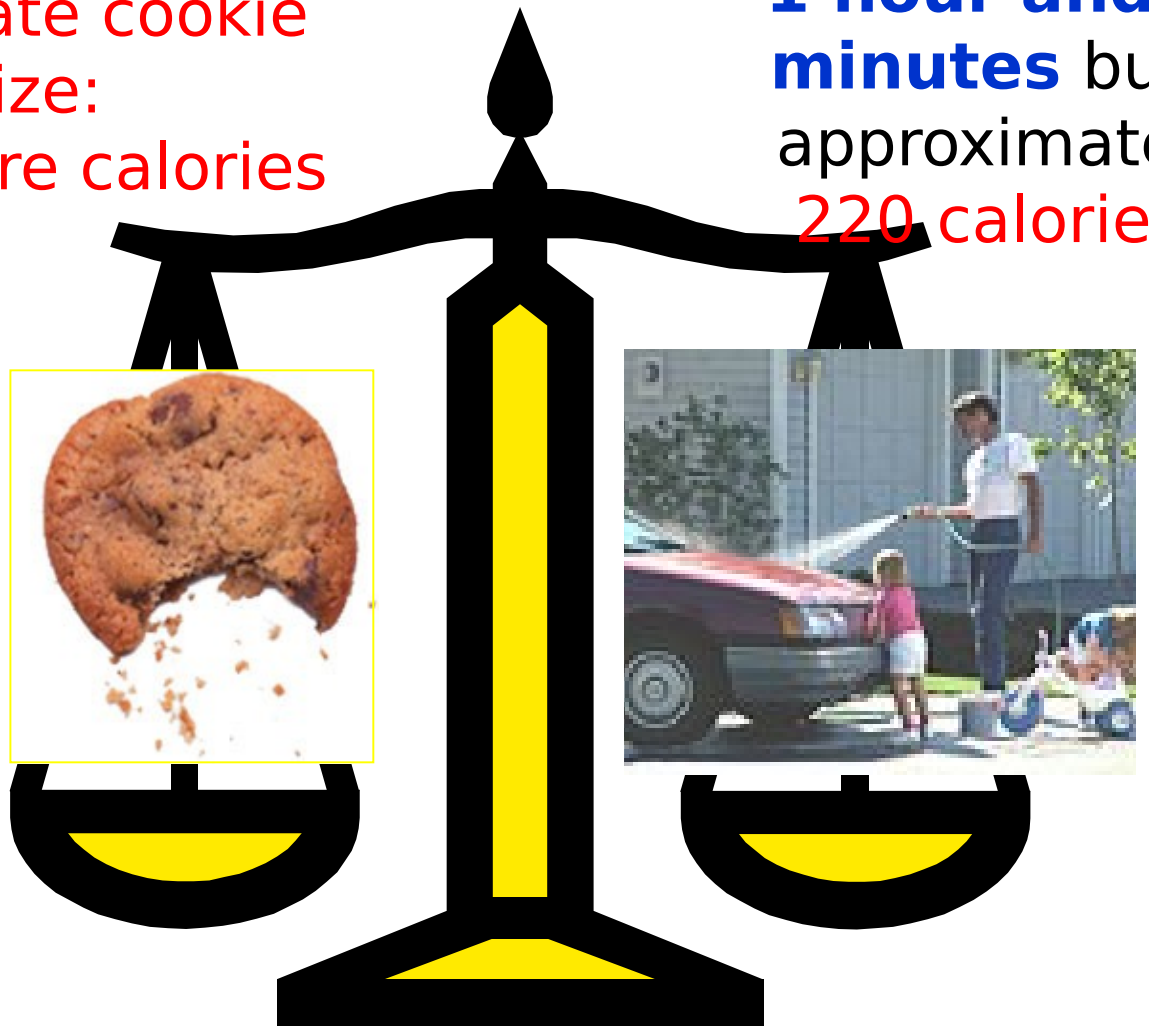
Today

275 calories
3.5 inch diameter

Calorie difference: 220 calories

Increased chocolate cookie size:
220 more calories

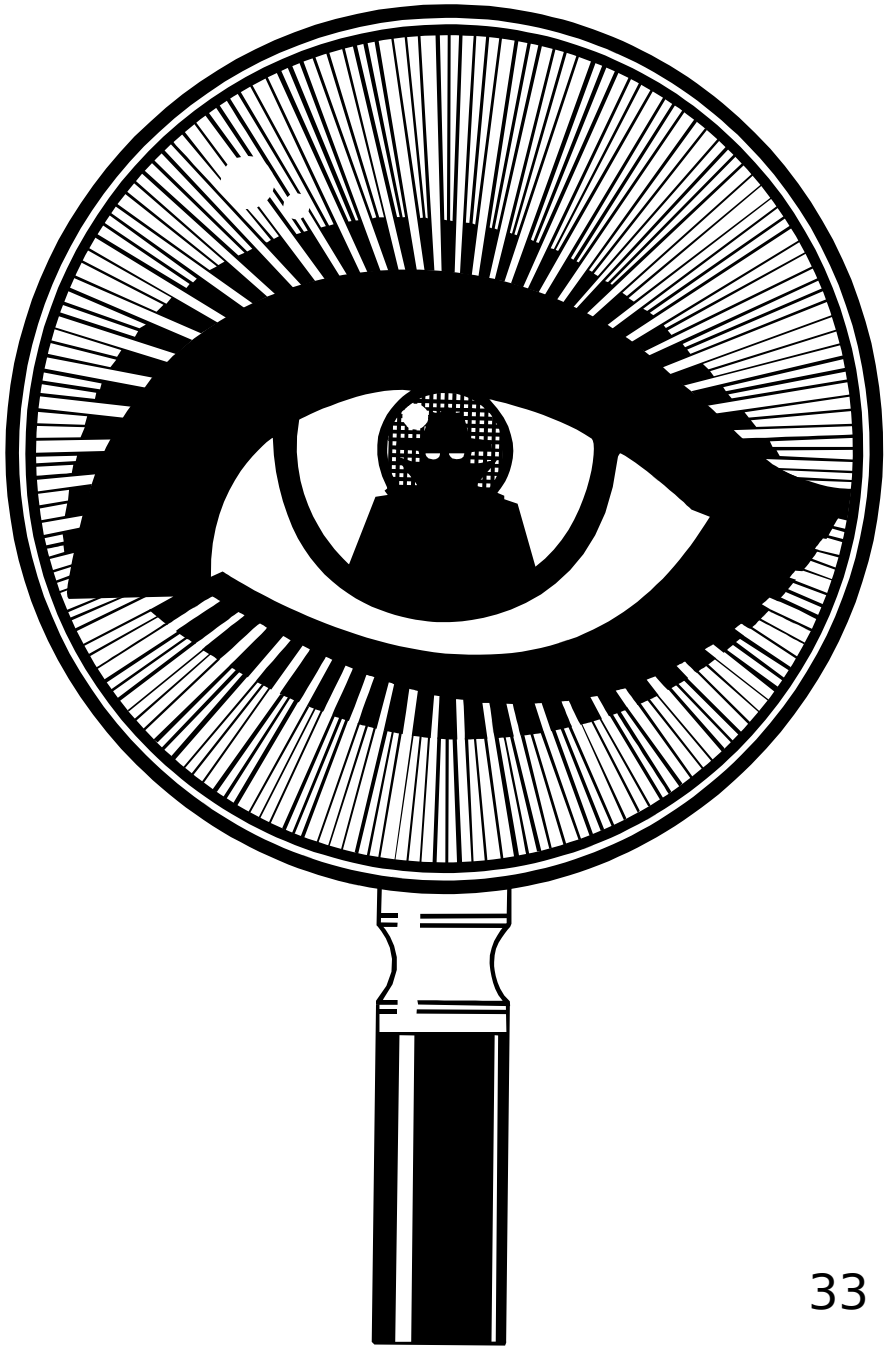
Washing the car **1 hour and 15 minutes** burns approximately 220 calories*



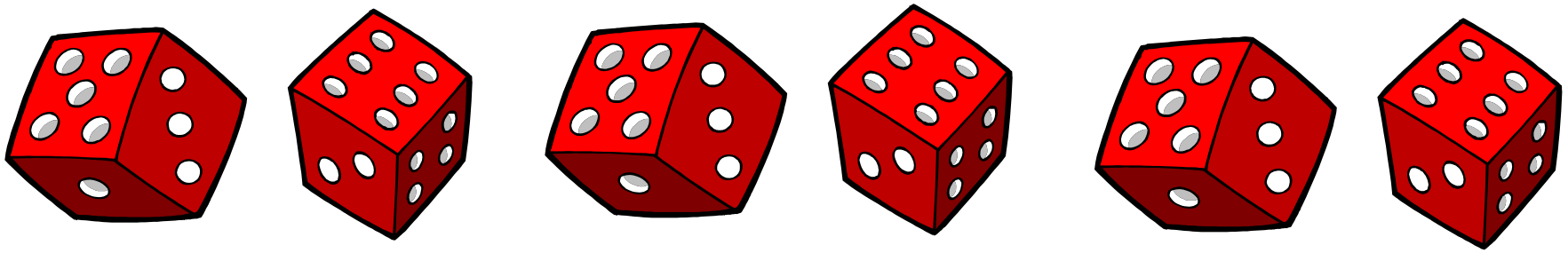
*Based on 130-pound person

Avoid portion distortion!

Keep an "eye" on your food portion sizes



Portion sizes: Cheese



1½ ounces* of *natural* cheese = 6 dice

* Equivalent to 1 cup milk

(2 oz. *processed* cheese – 8 dice – also are equivalent to 1 cup milk)

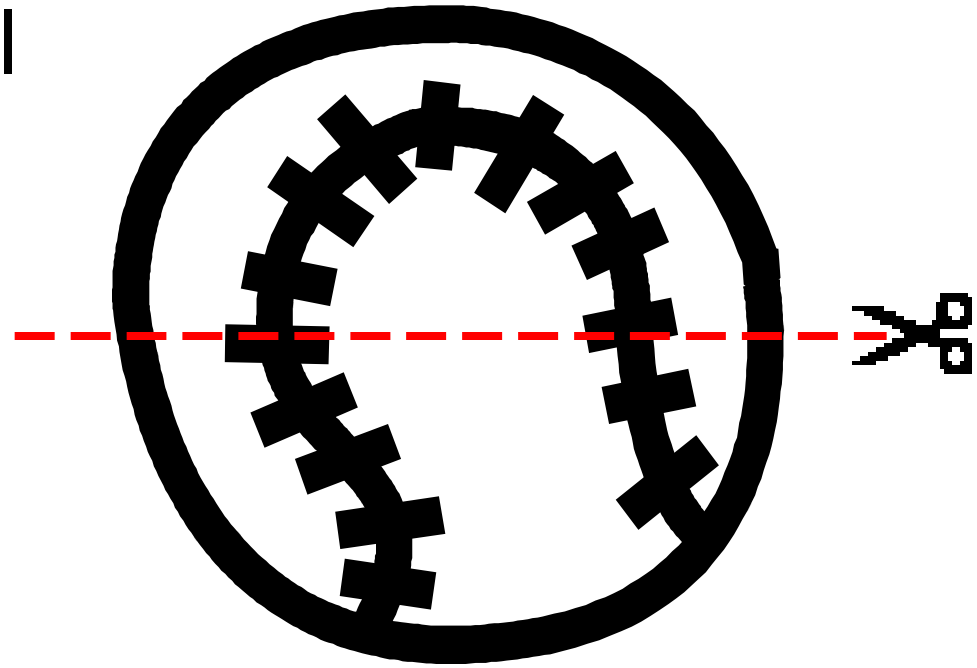
Portion sizes: Meat

3 oz. cooked meat, fish, or poultry = a deck of cards

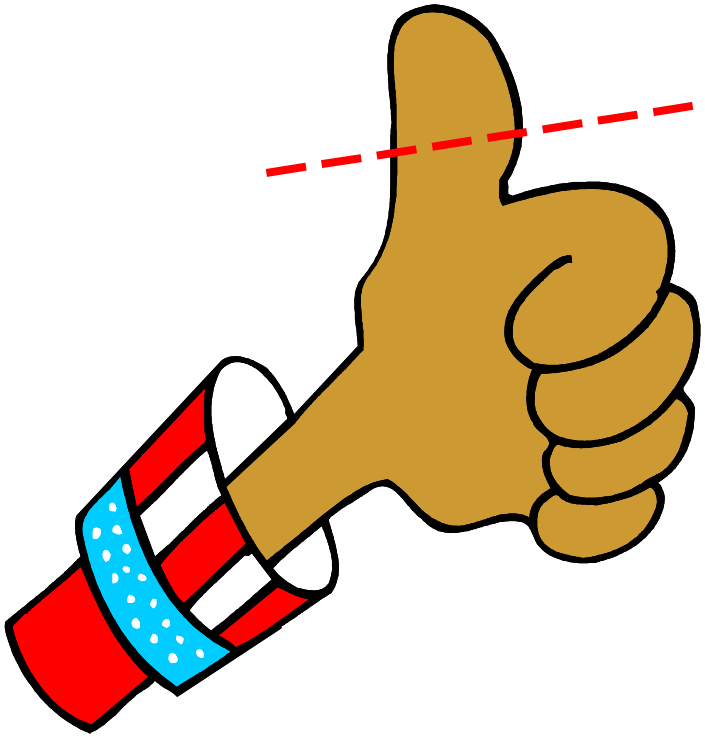
Portion sizes: ½ and 1 cup

1 cup = 1 baseball

½ cup = ½ baseball



Portion sizes: 1 tsp. & 1 tbsp.



1 teaspoon = the tip of a thumb to the first joint

1 tablespoon = 3 thumb tips

A final word on portion control

"Never eat more than you can lift."

~Miss Piggy